

# What Every Patient Should Know about LAIV for the 2023-2024 Flu Season

## What Every Patient Needs to Know About the Flu Vaccine

The Centers for Disease Control and Prevention (CDC) continue to recommend annual flu vaccine for everyone aged 6 months and older. The nasal spray flu vaccine, FluMist®, is recommended by the Advisory Committee on Immunization Practices (ACIP) as a vaccine option in 2023-24 for **healthy, non-pregnant persons aged 2 through 49 years**.

## Key Facts

- ACIP continues to recommend FluMist® as an option for 2023-24 and will continue to review data on the efficacy of FluMist® every year.
- All nasal spray influenza vaccines for the 2023-24 flu season are quadrivalent, meaning they are designed to protect against four flu viruses: an influenza A(H1N1) virus, an influenza A(H3N2) virus, and two influenza B viruses.
- The decision whether to recommend FluMist® is an example of using science to help improve the public's health.
- ACIP does not indicate a preference for one vaccine product over another for all persons aged 6 months through 64 years whom more than one vaccine product is licensed, recommended, and appropriate.
- For more information about who the nasal spray flu vaccine is not recommended for visit the website: [www.cdc.gov/flu/prevent/nasalspray.htm](https://www.cdc.gov/flu/prevent/nasalspray.htm)

## Patient Information

- Influenza is a highly contagious respiratory illness that can spread easily through coughing, sneezing, or talking.
- Getting flu vaccine is the best way to keep from getting the flu. Protect yourself and others by getting flu vaccine.
- Babies younger than 6 months are at high risk of serious flu illness. If you spend time with babies younger than 6 months of age, it is important that you get flu vaccine to help protect them because they are too young to get it themselves.
- It takes about 2 weeks after vaccination to develop protection. CDC recommends everyone aged 6 months and older get a flu vaccine by the end of October. However, getting vaccinated later can still be beneficial.
- Some children 6 months through 8 years old need 2 flu vaccines this season. They should start the vaccination process sooner because the 2 doses must be given at least 4 weeks apart. Ask your provider how many your child needs.
- Even healthy people can get the flu, and it can be serious. Ask your provider for your flu vaccine today!